

SC SONNING COMMON MAGAZINE



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AUG/SEP 2020

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This is the second of two Issues where the magazine committee have offered our regular advertisers a free advert placement being very aware of the difficulties many of them are facing in conducting their normal business operations.

It is therefore possible that many advertisers will be offering a more limited service until all restrictions are lifted.

Readers are advised to contact individual advertisers directly to check their current situation.

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FROM THE EDITORIAL TEAM

I had expected that this magazine issue would be a challenge to produce! Traditionally most of its content was based on community activities that had happened and those that would in the two months to come. In this strange year of 2020 this is not the case. But I should have known that this special community of Sonning Common would provide, yet again an interesting set of stories to entertain us all, ready for the August September issue.

These articles include special people, amusing tales, personal interests, history and of course some of our traditional favourites. A broad brush certainly and one that I hope will appeal in varying measures to the different readers.

It seems likely that we will be in this situation, limbo, for a while to come. So please if you have an interest or a passion you would like to share with the magazine readership, I would be delighted to receive them, by 1 September please. ●

Diana

Diana Pearman Editor

Email: editor@sonningcommonmagazine.org

MEET THE EDITORIAL TEAM



Diana Pearman



Christine Atkinson



Joan Grummant

USEFUL CONTACTS:

Chairman: Geoff Adams
1 Woodlands Road, Sonning Common RG4 9TD
chairman@sonningcommonmagazine.org
Tel 0118 972 2134

Diary dates: Helen Barker
helen.barker75@outlook.com Tel 0118 972 1241

Distribution: Helen Gavin
distribution@sonningcommonmagazine.org
Tel 0118 972 4680

Advertising: John Pearman
advertising@sonningcommonmagazine.org
Tel 0118 972 2381

AUG/SEP 2020

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Design & Artwork: Kevin Taplin
TenSevenNine.com
hello@tensevennine.com
07887 902376

Print: Rick Peedell
R.J.Peedell
rick.peedell@gmail.com
07766 254422
0118 9471955

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The Suggs of the Hare and Hounds

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ALONA WITH CORONA

March 22nd, last day of school – quarantine has begun

First day, I was so excited, but at the same time my fear was ignited.

Second day already bored, our plans for holiday had 'floored'

Within a week the sky was crying and the sun was frying, the weather is always different in dying

It's been a month now, the days are flying past, restrictions are getting very harsh

3 months now, heard school is beginning, discovered Roblox, now I'm always winning.

I'm in school now, coronavirus has gone through May, and all that takes me to this current day.

BY ALICE ELSBY, age 9



ADVERTISERS IN THE MAGAZINE WERE GIVEN 2 ISSUES FREE

Barn Store Henley

Thank you for your letter and for your very kind "subscription holiday". It is much appreciated and if we can help you in any way please let me know.

Many thanks
Stephen

Maureen Dunn

I would like to thank you & the team for this kind gesture .

These are very worrying times, to have your business shut down overnight with no money.

But we must look at the bigger picture & hope we remain safe.

Thank you
Maureen Dunn
(Hairdresser Advert)

Kidby's Yard

"Peter Kay, Director of Kidbys Sheds, complimented the Sonning Common Magazine on reacting to the Covid-19 lockdown by giving advertisers their space free of charge for two issues of

the magazine. He says his business has been extremely busy meeting local orders since then."

And from others

Sonning Common Parish Council

Well done to you and your team for putting together the new magazine under such difficult lock-down conditions. It's really keeping the residents well informed about what's been going on during this time.

Many thanks
Carole
Chairman

Dear Ken,

I was pleasantly surprised to receive the June/July edition of Sonning Common Magazine this morning. Thank you so much for delivering it and well done to all those concerned with its production under the prevailing circumstances.

Yours sincerely,
Keith

A VOTE OF THANKS

This is an open letter of thanks to you and to your team of stalwarts written on behalf of many neighbours to express our appreciation for your herculean efforts in putting together such an amazing June/July 2020 issue. Most would have simply set the task aside to be resumed in 'more normal times' with more pressing matters requiring creative thinking as the wider implications of COVID-19 'lockdown' began to sink in.

Instead you chose to document how our village turned itself inside out to help others ranging from the feature on Random Acts of Kindness to the unstinting efforts of local volunteer groups such as FISH, the Springwater Food Bank and SOCO Corona Virus Support. The latter started on 14 March as a Facebook Group comprising four people concerned about the impact on

the elderly, vulnerable and those having to self-isolate and rapidly mushroomed to over 500 helpers. Across the village, kitchen and dining room tables suddenly had to accommodate home-schooling, sewing machines belting out scrubs, masks and laundry scrub bags and laptops and tablets managing everything from the collection of prescriptions to the delivery of food boxes. And who could not fail to be moved by the article about Ellie whose Sunday surprises for Birch Close began with the delivery of two fairy cakes covered with sprinkles. It beautifully demonstrated how quickly children latch on.

The front cover, Jive with Jess For NHS, gave a hint as to what might be inside but the diversity which unfolded within the 36 pages was truly astonishing. And to have had all of this delivered to our

front doors as per usual by Helen Gavin's army of distributors – what an extraordinary feat to have pulled off.

In his book, The Village News, the magazine's columnist, Tom Fort quoted lines from a poem by AA Milne and focused on a particular phrase – 'accidental village' and he remarked "It crystallises what is precious and special about the village – its unexpectedness, its capacity to surprise and suddenly delight."

And this perfectly encapsulates what you and your team have achieved in the production of this 'lockdown' issue. We are very lucky indeed to boast a village magazine of such high quality and we salute all of you. ●

JULIA WHITELAW

BEING GOOD NEIGHBOURS

The Good Neighbour Food Bank, run by Springwater Church, is going from strength to strength thanks to the generous support of the local community.

The food bank is continuing to help around 30 households in the village by providing them with free food parcels containing tinned goods, rice, pasta, bread, toiletries and cleaning products on a weekly or bi-weekly basis.

Many residents regularly leave food donations in a large plastic box at the front of the church on the Blounts Court Road, which are then sorted, packed and distributed by a team of 10 volunteers.

Additionally, around £300 worth of shopping is done every week to support the food bank, using money from grants and donations, but due to the amount of regular food donations being made by

residents, it is hoped to reduce the weekly shop.

Members of the church's Compassionate Loaf group, who make artisan bread and run bread-making workshops, also contribute many delicious loaves and rolls to the food bank.

The church received a £3,000 grant, secured by Sonning Common Parish Council, and almost £2,000 in donations when the SoCo Corona Support volunteer network disbanded.

Co-pastor at Springwater Church, Linsey Potter, said: "We are really glad to be doing this and are very grateful for all the generous support we receive. We have met some lovely people through operating the food bank which makes all the hard work worthwhile. It is so lovely when people take the time to call or send a card to say 'thank you'."

For further information on the food bank contact Springwater Church on 0118 972 4519 or email contactspringwater@gmail.com. Food donations may be left in the box at the front of the church. ●

ROS VARNES



FISH CONTINUES TO SUPPORT

Despite the relaxation of some of the lockdown restrictions, there are many people in the community who are still unable to get out and shop or pick up medication for themselves. With the winding down of the SoCo group, FISH has expanded its operation to cover all medication pick-ups and delivery, as well as adding to the number of clients it shops for. Many of our shoppers now regularly shop for the same person.

For each of our COVID-19 volunteers who have gone back to work, we have received at least one additional offer of help, including from volunteers who were with SoCo group. So FISH is still

- shopping for residents – local or supermarket
- picking up prescriptions and medication
- taking people to medical appointments – at the Health Centre or hospital etc.
- befriending residents, via the phone, who are feeling lonely and isolated.

Please get in touch if FISH can help, on 0118 972 3986 or office@fishvolunteercentre.org.uk

ANNA WRIGHT

DAVE WAILS

"We are devastated by the death of our colleague Dr Dave Wails. Dave was a highly valued and experienced member of the Johnson Matthey family. We can confirm that he had worked at JM since 2000 following the completion of his PhD. at the University of York and several postdoctoral positions. He was an expert in catalysis and much of his career focused on using science for cleaner energy applications. Dave was proud to use his expertise to make a positive impact on the world. He was a well-liked colleague who will be much missed.

Dave was a gentle, thoughtful man with a dry sense of humour. He is recognised by his friends at JM for being an excellent coach, supporting colleagues both professionally and personally.

Our thoughts and sympathies are with Dave's family and friends during this difficult time. He will be deeply missed by everyone here at Johnson Matthey."

COMMUNITY SPIRIT THRIVING AT YOUR LOCAL

By JOAN GRUMMANT

Claire and Mick Suggs became landlords of the Hare and Hounds in Sonning Common six years ago. During that time, they have worked tirelessly to create a warm and welcoming village pub that does a huge amount to support our local community. They are both Henley born, but have taken Sonning Common to their hearts and love the people and the neighbourhood in which they live. The focus of all the social activities at the pub is upon supporting local charities, and this was seen very clearly during the Coronavirus lockdown when they helped, with 40 local volunteers, the assembly and delivery of food boxes to the elderly and needy of Sonning Common.

The village pub and garden have been transformed and refurbished as a result of all their hard work and commitment, with the help of son Callum, home from university, all the functions that occur result in charitable donations. They have organised a huge amount of community events ranging from Quiz Nights, Cheese and Port Evenings, live music events and a lunchtime darts sessions for the ladies of Sonning Common WI. From 2018-2019 they raised over £1,700 for FISH as well as contributing to First Responders, Help for Heroes and many other charities. Claire and

Mick also enabled three Sonning Common ladies to host a Macmillan coffee morning at the pub in September 2019 and kindly donated not only the premises but also crockery, an urn and their time. Supporting local people and causes is a very important part of their work and it is something they are anxious to continue post lock down.

Mick and Clare are very keen to provide a meeting place for the whole community and in the future hope to host some technology sessions for older people to

help them feel more confident about using technology. Another future event will be the very popular Christmas Lunch and the couple are waiting eagerly for lockdown to ease to continue providing a welcoming venue for people to socialise as well as supporting their community.

Well done Mick and Claire for all the welcome, support and fund raising that have been their multiple priorities and best wishes for their business post lockdown. ●



HELP NEEDED! CAN YOU JOIN US IN THIS EXCITING NEW VENTURE?

Carol Johnson a resident is a very busy woman. A lot of her time is devoted to raising money for good causes. She has a new venture.

A Community Calendar that reflects the spirit and character of SC during lockdown.

'A very different year'

Proceeds will go to local charities and Macmillan nurses

Already the team consists of a printer and money from the parish Council but she needs 12 photos!!

If you have any amusing or entertaining photographs of 2020 in lockdown

Email to editor@sonningcommonmagazine.org

A PASSION FOR DANCE



After football was paused, so was my day job, but I was extremely lucky to be able to come back home to Sonning Common and fill my time in lockdown doing something I love.

I work as the Matchday Presentation and Event Manager at Brentford FC, based in West London. My role with the club involves running matchdays and coordinating our major events programme. With the restrictions put in place due to COVID-19, spectators were no longer allowed to attend matches and large gatherings of people at events was not possible, I was put on the government furlough scheme.

My boyfriend, Sam, and I opted to move back to Sonning Common with my parents for lockdown, leaving our tiny one-bedroom London flat to return to my childhood home for the first time in ten years.

After two weeks of jigsaw puzzles and Netflix bingeing, it's fair to say the

novelty of lockdown life was wearing off! At this point, I was approached by Amanda Watkins-Cooke, asking if I would be interested in working with her and Penny Snowden, who run Active Leaders, to introduce a dance programme, 'Jive with Jess', to get people moving during lockdown. Amanda is a close family friend, who is aware of my love for dance, so I knew it had the potential to be a fun and exciting opportunity. Dance is something that has always played a huge role in my life and getting other people dancing is something I'm even more passionate about.

'Jive with Jess' involved releasing videos of dances every day via the Active Leaders website and social media to encourage anyone and everyone to join in. I choreographed and performed the dances with the help of my family (who still haven't forgiven me!) and we were

overwhelmed with the online response from the outset - the first video received over 5000 views!

We decided it would be fantastic to extend this dance initiative to invite everyone to join us in dancing in the streets every Thursday night straight after the 8pm Clap for Carers. Our Thursday night flashmobs gained more momentum than we could have imagined - we began to receive requests to visit other roads in the village each week and were even invited to do a couple of BBC Radio interviews. We started with ten people (four of whom are in my family!) dancing outside our house on Kennylands Road a couple of months ago and recently ended in a big team finale with families coming together to dance through the village for two hours.

In a time when we were all feeling a bit isolated from the rest of the world, I think it was even more important to make people feel like they are part of something beyond their own four walls and what better way to show our appreciation for our incredible frontline workers than by dancing in the streets.

With the return of football, I am now back at work, but am extremely grateful to have been able to experience lockdown with the fantastic community in Sonning Common - who knew we had so many dancers in our midst?! ●

Jess Morris



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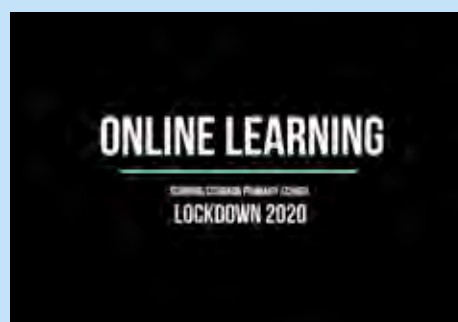
SCPS - VIEWS FROM INSIDE AND OUT DURING LOCKDOWN

By **CHRISTINE ATKINSON**

For all the local friends of Sonning Common Primary School who have not been on the front line of learning with the children, we thought it would be a good idea to get a view from staff and children on how they have coped during these strange times. The school have used Google Classroom, an online secure site, as have many other schools, to send out work to each year group. This programme enables the children to submit work back for staff to see. Here is a glimpse into a typical day of online learning at SCPS from staff, children and parents ...



some substantive Maths and English. Each day has also included at least two other full sessions, sometimes three or four. We have tried to avoid too many worksheets, and teachers have included audio recordings (reading a guided reading text for example), video recordings (of how to do a tricky maths problem), or screencasts (leading children through part of a computing lesson, for example), and there have been a limited number of live sessions.



We have not been too ambitious, but we have innovated and improved as the weeks have gone on. This has been a challenge, and it may continue to be one, but we are

so proud of the way our staff, parents and most of all our pupils, have pulled together in these extraordinary times. Thank you. Your kind words and comments have kept us going!"

View from the children:

1. Home-schooling has been a new and unique experience for me. I've been doing "PE with Joe Wicks" most mornings which wakes me up before I start school work. Home school has had its ups and downs. I've enjoyed doing fun challenges my teachers have set in my garden and spending more time with my family. On the other hand, I miss school dinners so much (especially Kites Kitchen's roast dinners!) and not seeing my friends and teachers on a daily basis.

We have been doing quizzes and challenges in our garden when we are not working, which I have thoroughly enjoyed. My Mum cut my hair, and even let me cut hers! When lockdown is fully over I can't wait to see other people in my family and friends

without having to keep 2 metres apart.

2. As both my parents are key workers I had to go to school. When I was told I was going in I was a bit nervous because I did not know if any of my friends will be in as well.

On the first day, none of my friends were in school but the teachers encouraged me to work with people who were younger than me, in the end I enjoyed the first day at school.

After a few weeks off I went back to school. This time there were more people attending, including my friends. On the 1st of June, when other people in my year were coming back, I had mixed emotions. Happy because my friends were coming back but I was a bit curious how my school was going to handle it. Overall our school has handled the situation very well, separating people in their bubbles could have been very hard but all the staff involved have dealt with it brilliantly, including all the children.

Views from the parents:

"Thank you for being so proactive and approachable during this time. The school has worked hard to ensure the children have lots to do and lots of help and support available."

"Thank you for all the hard work you are doing making this totally new format work."

"All communication clear. Good to have messages from headteacher too. Thanks for all your best efforts at this difficult time."

"You have done a fantastic job all of you. I'm very proud of our school. Many many thanks for your efforts!"

"Just wanted to say thank you to all the staff - every interaction has been great, you've shown great resilience, agility and leadership as well as a positive community spirit. Notes from teachers, TA's and Head alike are so supportive and positive. You all deserve the 'Parents Pen' this term. THANK YOU!"

"We have been so impressed with the content of the home learning and the structured manner that it has been set - allowing pupils to maintain a routine from home, but with no pressure or chasing for work to be completed during these difficult times. Thank you to all the staff for your incredible work during this unusual period in our lives." ●



SUMMER FUN 2020!

Exciting news is that the 'Summer Fun!' activities will still be taking place in Sonning Common this July and August, just in a slightly different format.

Due to Government guidelines we are not able to offer any activities at the Memorial Hall Field but we hope we have devised an alternative plan which will still keep local children active and engaged during the Summer Break.

We have created a 'Summer Fun Activity Booklet.' This is a 60 page resource, jam-packed full of crafts and activities to keep children entertained and active in their homes, gardens and surrounding countryside.

Let's get discovering!

Active Leaders will be running a series of activities around the village which

are free to take part in but children **must be supervised by parents** please.

Test your map reading skills with **'George's Cartographer's Challenge'** which will run from the village hall, 10-12, on Tuesdays 28th July and 4th, 18th, 25th August.

A **'Photo Scavenger Hunt'** will take place in various locations around the village on Wednesdays 29th July and 5th, 19th and 26th August.

'Family Orienteering' sessions will take place on Thursdays 30th July, 6th, 20th and 27th August. These will have various themes ranging from Olympic Sports to Harry Potter!

A **'Photography competition'** of our local area where the winning photographs will feature in the next

edition of our 'Explorer Map Books' which we hope to release early next year.

Look for regular updates on our Active Leader Facebook page. As always, thank you for your positivity and support and we hope you remain fit and well. ●

Penny, Sophie and Amanda
(Active Leaders)



SCHOOLS IN LOCKDOWN MECE UPDATE



School definitely hasn't been school over the last few months; keeping the staff together via Zoom in our twice weekly meetings, checking the students progress via Google Classroom or on Google Sheets or supporting the most vulnerable with regular home visits have all presented us with a completely new way of working. However, I think as #teammece (as we like to call ourselves) we have coped admirably. The staff have been so positive and flexible, have adapted quickly, worked together and worked hard to get the school through the challenges of lockdown. As a result, our feedback from parents has been incredibly positive which has been a real boost for the staff during these months of isolation.

Since June 1st we have come back to our Reade's Lane site and have seen our numbers grow in our vulnerable and key worker provision with over 40 students who spend at least part of the week with us. This has been a great way of checking welfare and improving engagement for some of the students who find school really challenging. Alongside the online lesson provision there have also been extra lessons such as Astronomy lectures, Sports competitions and Active Leaders leadership courses.

In addition, on 15 June, we welcomed our Year 10s back for three hours a day of Maths, English and Science. Seeing their faces after twelve weeks away was an absolute delight and judging by their hard work on that first week back they were clearly keen to be on our site again.

This time of year is also pivotal with the school calendar for planning for next year and over a couple of early June evenings the leadership team hunkered down with several packets of McVitie's Chocolate Digestives, followed by some lovely Sonning Common fish and chips as we worked our way through our plans for next year. I am so excited by what will happen next for Maiden Erlegh Chiltern Edge. A corner has definitely been turned and we have almost no staff leaving this summer and are fully staffed with specialist teachers for September which is a great metric of stability and morale. Our focus next

year will be on first rate teaching, clear and consistent behaviour systems alongside outstanding pastoral and SEN support for those that need it. We have improved our relationship with a number of local primary schools and we welcomed Rachel Salmons from Sonning Common Primary School in early July to deliver some training to staff so that they are more confident in pushing on Year 7 pupils. I can't wait to see where we are this time next year!

Following my piece for the last addition of the Sonning Common magazine I received a wonderful e-mail from a former Chiltern Edge alumnus recalling the late 1970s and the fact that the school had two international rugby players (including one British Lion!) working as PE teachers. It was clearly a fond memory and very well received. If anyone else in the village has any noteworthy stories (positive ones!) of their times at Chiltern Edge please do not hesitate to share, as moving forward it would be great to keep all these together and as we grow again could hopefully help to form an alumni network.

Take care, we're almost there! ●

Andy Hartley
Headteacher



STOP PRESS ...

The On Your Bike event is due on Sunday 13 September – look out for the notices around the village.

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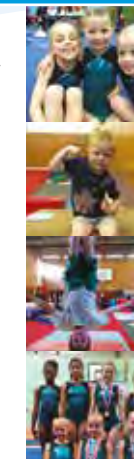
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Kennylands Gymnastics (formerly Thames Valley Gymnastics Club) offer a range of classes for boys and girls of all ages. Classes cater for preschool, recreation, freestyle gymnastics as well as competitive gymnastics for those who express the talent and desire. Parties are also available on weekends and we even provide an opportunity for adults who wish to have a go themselves.

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TOM FORT NOISE VERSUS THE DAWN CHORUS

Standing in the queue for the Thursday fruit-and-veg market in Henley recently, I found myself exposed to a new public danger – the Covid bore. The two people in front of me had both had the virus and were intent on exploring this common interest to the maximum. All the familiar symptoms were discussed – loss of taste and smell, aching joints, weakness, tiredness, fever, on and on it went, until they got to the melons and aubergines and mercifully left off.

So can we please talk about something – anything – other than the wretched corona? Noise, for instance.

There was a letter in the Henley Standard not long ago bemoaning the alleged absence of the dawn chorus. Whoever wrote it must have slept through it, because it has been going

full tilt down my way. From about 3.45am every sparrow, blackbird, greenfinch, bullfinch, chaffinch and tit has been going at it as if their lives depend on it (which, of course, they do). That's a good noise, even if I sometimes wish they could tone it down a touch.

Bad noises I haven't missed: aircraft and road traffic. Cycling the minor roads and lanes around Sonning Common in the early part of lockdown was a form of bliss; like being whisked back to the first Golden Age of the bike in the 1880s and 1890s, before the horrible combustion engine got going.

Bad noise I unfortunately didn't miss: I went fishing very early one morning on a beautiful lake. I was in search of perfect peace, which I got until shortly after 5.30, when someone got going

with the leaf-blower on the adjoining golf course.

I've written before in this magazine about my feelings concerning leaf-blowers and the people who use them. If I were a dictator, I would make them illegal. The punishment for a first offence would be the offender to be immobilised and his leaf-blower switched on and placed next to one ear for an hour. Two hours for a second offence. And so on.

A bit extreme, you say? ●



KENNYLANDS MILLENNIUM GREEN

As I write this the rain is pouring down, very different to how the weather has been for the last three months! The Trustees of the Sonning Common Millennium Green hope that during the lockdown many of you have enjoyed a walk around the Green as part of your daily exercise outside the home, seeing the trees burst into leaf and spring flowers appear before the summer grasses. Something normal in these strange times.

Lockdown has prevented some plans for this year; to improve the hedgerow boundary plus widening and re-laying the path which has deteriorated over the years. Widening would give wheelchair users a better experience, prevent mud and puddles as well as less damage to the surrounding grass.

The Trustees plan to hold this year's AGM on Thursday 24 September but, because of Covid restrictions, the time and venue will be on village noticeboards. All are welcome especially volunteers to be a Trustee. Please contact scomit1@outlook.com or 0787 665 2908.

The Trustees would like to thank those of you who are Friends of the Millennium Green for your continued support. The annual donation is £5 to be a friend.

Most of all we would love you to visit the Green and see for yourselves how lucky we are in Sonning Common to have such a lovely open space. ●

LYNNE APPLEBY
Treasurer



VILLAGE GARDENERS SUMMER PLANTING

SUNDAY 7 JUNE 2020

Sonning Common village gardeners followed the COVID 19 rules laid down by HM Government and were, therefore, unable to look after the village garden areas as they would normally do during the lock down period.

However, we are pleased to report that, with the easing of some restrictions, we felt able to carry on with our summer planting programme.

Bedding plants add colour and vibrancy throughout the summer months, so we planted a wonderful selection of geraniums, impatiens (bizzie lizzies), verbenas and petunias, to name but a few. Given warmth and sunshine, these plants will provide a good display.

Grateful thanks go to all the village gardeners who not only purchased the plants, they grew them on, and then planted out and watered them!

In addition to areas in front of the village hall and along Wood Lane, look out for tubs and baskets in other parts of the village – some in the area around the Library, and there is a colourful display outside Carl Woods' butchers.

We feel that we can now resume our twice monthly gardening sessions (the first Sunday and third Thursday of each month). We meet outside the village hall at 10.00 am and will welcome any new volunteer gardeners who would like to come along and lend a hand. No experience is necessary: we can show you what to do! It's a chance to meet new friends and, although it can be tiring, it is, in fact, a very satisfying feeling when you go home. And we usually have a get together once a year or so without our gardening gear on! A pub lunch maybe ...

Alternatively email Andrea at baple39@gmail.com for more details. ●



NEIGHBOURHOOD DEVELOPMENT PLAN

Virus or no virus, work on revising the Neighbourhood Plan that has stood the village in such good stead for the past three-and-a-half years has been maintained. Residents may recall that on the last day of February the working party organised an exhibition of its proposals at the Village Hall, which was extremely well attended and produced a high level of support for the strategic approach set out.

Under South Oxfordshire District Council's draft Local Plan – currently undergoing a severe going-over by a government-appointed inspector – Sonning Common would be required to take roughly 100 extra homes on top of those allocated in the current NP and supplied by the continuing process of building on smaller plots known as infill.

The working party has proposed meeting the allocation with:

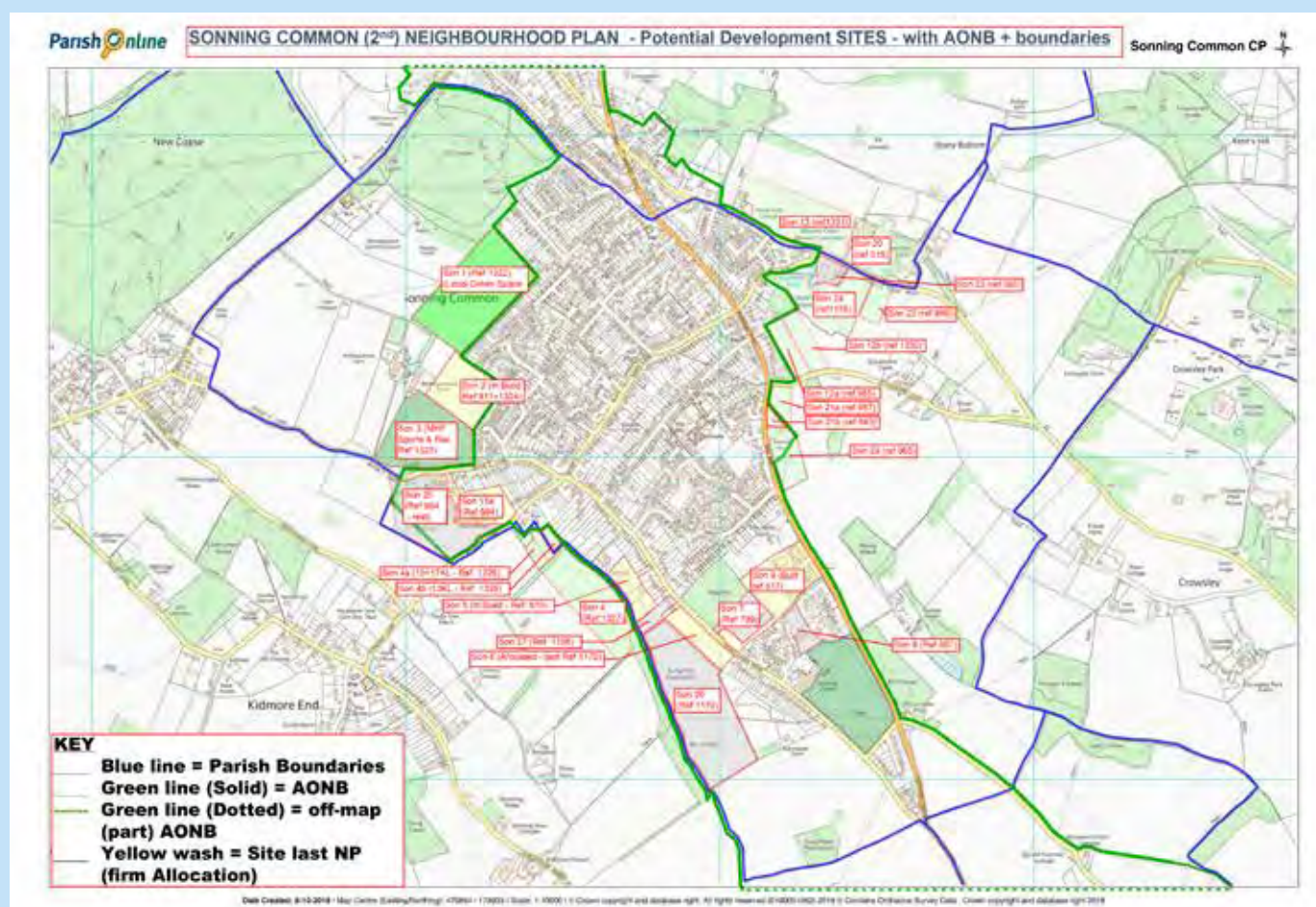
1. A new site for 20 plus homes on the Johnson Matthey car park at the junction of Blounts Court Rd and Widmore Lane (SON 23)
2. Increasing the existing allocation on the Maiden Erlegh/Chiltern Edge playing fields site from 37 to 50 (Son 15).
3. Allocating the Kennylands Gym site off Peppard Rd for 40+ extra care apartments (SON 8).
4. An allowance of about 30 homes to be derived from continuing infill.

The main housing priorities identified through consultation with the village and enshrined in the revised Neighbourhood Plan are for smaller (2/3 bed) homes and for assisted living for the elderly.

The progress towards finalising the revision has been held up by the need – imposed by SODC – for an environmental assessment to be carried out. This is because our one new allocated site is officially inside the Chilterns Area of Outstanding Natural Beauty, even though it has been used as a car park for many years and clearly possesses none of the characteristics of the AONB.

We are also engaged in negotiations with the owners of the Kennylands Gym to enable it to be freed for development – this would require an alternative new gym site to be provided at the Memorial Hall Field.

All in all there is still plenty of work to be done. But our hope is that the basis for a revised plan will be in place by the end of this year, and that it will come into force next year. ●



COOK'S CORNER

By SANDY ONOFRIO

The evenings will soon be drawing in, here's a couple of simple dishes that will be great for the cooler evenings.

ROUGAIL SAUCISSE (Reunion Island sausage casserole)

- 2 cloves garlic
- salt and freshly ground black pepper
- 6 large sausages
- oil for cooking
- 2 onions, chopped
- 1 green or red pepper, chopped
- 5 tomatoes, chopped (or 1 can)
- 1 bunch parsley, chopped
- 1 to 2 sprigs thyme

In a small bowl crush garlic with salt and pepper and set aside.

Brown sausages in a frying pan, place in a casserole/oven proof dish.

Add oil to the same pan and sauté onions with garlic mixture, pepper, tomatoes, parsley and thyme. Transfer into the casserole dish and stir to cover the sausages.

Cook in a moderate oven Gas 5/160 for 30 minutes. Serve with rice and red beans. It's also great with crusty bread ... See below



FOCACCIA – serves 8

- 450 g (1 lb) strong white (bread) flour
- 1 tsp salt
- 1 sachet easy-blend dried yeast, about 7g
- 4 tbsp extra virgin olive oil
- 300 ml (10 fl oz) tepid water
- ½ tsp coarse sea salt



Put the flour into a large bowl and stir in the salt and yeast. Make a well in the centre and pour in 3 tbsp of the olive oil and the tepid water. Gradually mix the flour into the oil and water, using a wooden spoon, then by hand, to make a soft, slightly sticky dough. Turn out onto a floured surface and knead for about 10 minutes or until smooth and elastic. Keep the dough moving and sprinkle worktop with flour as necessary. Shape the dough into a ball and slap it onto a greased baking sheet, then roll it out (or push it out with your hands) into a round about 21 cm (8 1/2 in) in diameter and 2 cm (3/4 in) thick. Cover loosely with a clean tea-towel, tucking the ends under the baking sheet, and leave in a warm place for about 45 minutes or until the dough has doubled in thickness.

Towards the end of the rising time, preheat the oven to 230°C (450°F, gas mark 8). Uncover the bread. Pour a little hand-hot water into a cup, then dip your fingers into the water and press into dough to make deep dents all over the top; wet your fingers each time, to leave the top of the loaf moist. Brush the remaining 1 tbsp olive oil over the bread and sprinkle with the coarse salt. Bake the focaccia for about 15 minutes or until golden brown. Transfer to a wire rack to cool for 15 minutes, then wrap it in a clean tea-towel to soften the crust. Serve warm or allow to cool completely. The bread can be kept in a polythene bag for up to 2 days.

HEDGEHOGS



Further to the Hedgehog article in the June/July magazine, we wondered if readers would be interested in the Hedgehogs at Westleigh Drive, are they still thriving? yes of course. At present we have three or four each evening from about 8.30 pm onwards, the first one arrived in early February, fed for three nights, and left until late March. Of the four that come, two are rather large males and weigh just over a kilo, the other two are smaller and we hope to think maybe female.

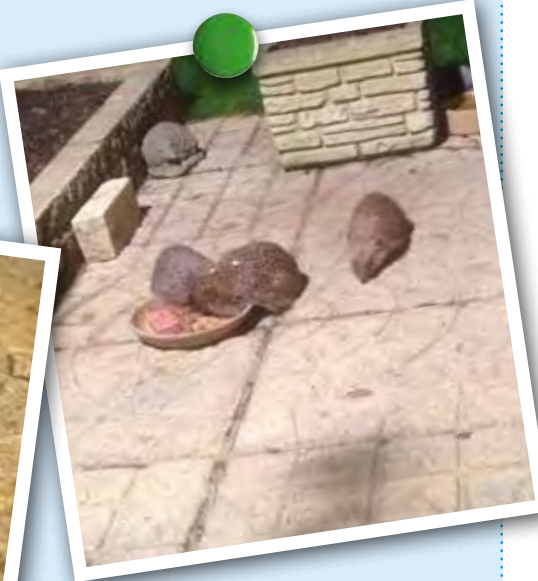
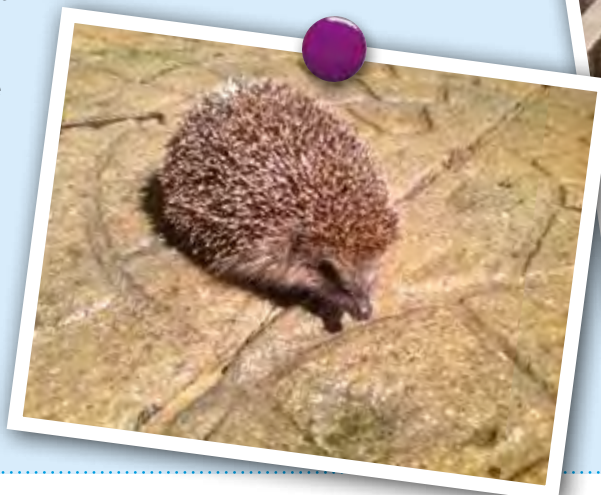
Since our articles in 2015 and 2016 we have nurtured two to three underweight hoglets through each winter, ten in all. They were brought to our feeder by their mother late September early October and after about three nights feeding left to fend for themselves. Once they arrive on their own we weighed each one, most have been between 180-230 grams and we know would not survive the winter unless they weigh 500-600 grams. We transfer them to our "nursery" behind the garage and they spend the

winter in wicker hedgehog houses. We feed, water and clean them every evening. In the spring when they have sufficiently grown they are let out into the garden, and we know that some still come back to feed. We also have wicker hedgehog houses in the garden and at least one is occupied each winter.

In addition to the menu Phillip suggested, Hedgehogs are also partial to dried meal worms and peanuts, it is also essential that water is provided, the old myth that milk is good for hedgehogs is just that. To encourage Hedgehogs into your garden, small openings should be placed in fences, we have three, this enables them to go

from garden to garden and keeps them off the road. From what we understand Hedgehogs travel quite long distances each night. Some readers may think "what a lot of trouble", however, we look forward to them coming each evening and immediately look out onto the patio when the outside light shines. We also like to think that as Hedgehogs are an endangered species we are preserving them for future generations. ●

Barbara & Gonzalo Perez



PUZZLE PAGE ANSWERS FROM PAGE 27

1. Sporty (Spice Girls)
2. Deuteronomy (Books of Moses)
3. Chico (Marx Brothers)
4. Superior (Great Lakes)
5. Swimming (pentathlon sports)
6. Happy (seven dwarfs from Snow White)
7. Double bass (strings in the orchestra)
8. Neptune (planets)
9. Slytherin (Hogwarts houses)
10. Peace (Nobel prizes)

What's missing?

BLOW, BLOW, THOU WINTER WIND,
THOU ART NOT SO UNKIND AS MAN'S
INGRATITUDE. — WILLIAM SHAKESPEARE

Cryptogram

2	4	8	9	1	7	6	5	3
7	9	6	5	4	3	2	8	1
1	3	5	2	6	8	7	9	4
5	6	7	4	2	9	3	1	8
4	8	1	7	3	6	9	2	5
9	2	3	1	8	5	4	6	7
3	1	2	8	9	4	5	7	6
8	7	4	6	5	2	1	3	9
6	5	9	3	7	1	8	4	2

Sudoku

G	A	L	L	O	W	S	T	R	E
C	U	A	A	A	L	C	L	O	S
I	N	D	E	X	L	L	I	N	G
R	I	L	I	N	G	O	P	P	P
E	B	O	N	Y	U	S	H	E	P
N	A	Y	T	E	A	D	E	R	A
C	O	M	M	O	N	R	E	A	D
E	R	L	R	L	P	R	D	A	I
S	U	S	H	I	A	S	T	A	I
T	I	D	E	B	U	T	C	O	A
E	N	N	U	I	O	A	L	H	A
R	A	N	A	O	U	M	R	D	D

Cryptic crossword

Puzzle Page Answers

Face Masks

Under normal circumstances I run an interior design business but during the pandemic we decided to put our sewing machines to better use and produced full scrubs for the NHS staff for free.

Since then, we have started designing and making face masks to be sold to the public. The masks come in a range of designs for males, females and children.

They are dual layered cotton with a small malleable nose plate meaning a filter can be inserted. Medical filters can be purchased online from Amazon to fit our masks.

Our masks are washable to 60 degrees as advised by the NHS to eliminate the virus. These masks are £7.99 each with £1 of every sale being donated to the NHS.

Please contact me if you are interested in purchasing the masks. You can collect them in person at a 2 metre distance or postage is available for a small extra fee. Delivery is free to over 75's.

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THE BIRDS OF SONNING COMMON

By way of introduction, I am a retired Research Manager, who has been bird-watching for 45 years, with a 'Life List' of over 2000 species and I spent about 10 years as a senior permit holder in the British Trust for Ornithology's Ringing Scheme

Rather than wander aimlessly around the Village with one of our dogs, I thought I might try something a bit more productive in our recent 'new normal'. I have been surveying the bird population of Sonning Common between late April and early June. The routes that I walked and the species recorded are summarized in the table below.

Although some of the records are sight records, the vast majority are singing males on territory. So, with 370 birds recorded, of 38 species, let's guess that I missed say 25% more because they were quiet; they are sneaky like that! That gives us around 462 males on territories. Doubling that for the females gives us an approximate population of around 920 birds. Say, 900-1000 birds. With the youngsters fledging, early Summer probably means around 2500 birds, until the youngsters disperse away from the breeding sites from July/August onwards.

The species recorded most frequently were Blackbird (52), Wood Pigeon (48), Robin (47) and Wren (29). But it is always nice to see our Summer visitors, Blackcap, Chiffchaff and Common Whitethroat. Not in huge numbers, but it's nice to welcome them back. Some Blackcaps and Chiffchaffs overwinter with us now, as our weather is getting milder. The Blackcaps are believed to be from the European populations who find it milder in the UK, rather than the colder continental winters.

Surprisingly, I think it is likely that the number of Dunnocks may be an underestimate. But the most surprising record of all was the Cormorant catching fish on Widmore Lane Pond. Despite the fact that there are notices banning fishing. Obviously can't read!! ●

David Boyd FRSC

Acknowledgement:

I would like to thank the Management of Johnson Matthey Technology Centre for permission to survey their grounds.



Species	Route1	Route2	Route3	Route4	Route5	Route6	Route7	Route8	Total
Blackbird	13	7	2		6	11	7	6	52
Blackcap	2			1	1	2	2	1	9
Blue Tit		2		2		5	2	3	14
Carrion Crow			1	1			1		3
Chaffinch	2				1	2	3	2	10
Chiffchaff	1					2	1		4
Coal Tit	1								1
Collared Dove	1		2						3
Cormorant								1	1
Dunnock	2			1		1			4
Goldfinch	5	1	2	3			1	2	14
Great Spotted Woodpecker	1				2	1	1		5
Great Tit	1					1	1		3
Green Woodpecker	1								1
Greenfinch	5	2		1					8
Grey Heron								1	1
House Sparrow	7	2	11	4	1				25
Jackdaw			2						2
Jay	1								1
Long-tailed Tit				1					1
Magpie			1	1	1	2	1		6
Mallard								13	13
Mistle Thrush	1								1
Moorhen								1	1
Nuthatch		1				1	1		3
Pheasant	1								1
Pied Wagtail							1		1
Red Kite	1		2	2		2	1	1	9
Red-legged Partridge								1	1
Robin	12	8	1	11	8	4	3		47
Rook	1	2			1	2	9		15
Ring-necked Parakeet	1								1
Skylark			1				1		2
Song Thrush		1	2	2	1	3		2	11
Starling	2		11	1			2		16
Whitethroat	1						2		3
Wood Pigeon	4	6	6	6	3	8	8	7	48
Wren	3	3		6	2	11	3	1	29
Totals	70	35	44	43	27	58	51	42	370

- Route 1 Wood Lane, Kennylands Rd, Rosemary Crescent, Bay Tree Rise, Peppard Rd
- Route 2 Woodlands Rd, Old Copse
- Route 3 Baskerville Rd, Ashdown Ave, Reade's Lane, Kennylands Rd, Westleigh Drive, Lea Rd
- Route 4 Peppard Rd, Shiplate Bottom, Old Copse, Woodlands Rd, Wood Lane
- Route 5 Widmore Lane, Blounts' Court Road, Spring Wood
- Route 6 Gallowstree Road, New Copse
- Route 7 Bird Wood Court, Sewage Works, Millennium Green
- Route 8 Widmore Lane, Blounts Court Rd, Johnson Matthey Technology Centre

WILLIAM LENTHALL FROM HENLEY TO THE SPEAKER'S CHAIR



Like his contemporary William Laud, William Lenthall was another man local to what is now Sonning Common, whose life and career became intimately bound up with England's mid-seventeenth century political revolution. However, whereas Laud was one of King Charles I's steeliest supporters, Lenthall became the ultimate representative of Parliament: the Speaker of the House of Commons.

He was born in June 1591 in Henley-on-Thames, in the building now known as 44 Hart Street, 'The Speaker's House'. Both sides of his family were recusant Catholics – his uncle was the (now canonised) Jesuit priest Robert Southwell, executed in 1595 – but after the death of William's father in 1596 the Lenthalls conformed to the Church of England.

After leaving Oxford University in 1609 without a degree, Lenthall transferred to Lincoln's Inn and trained as a lawyer, being called to the bar in 1616; his political career began in 1624, upon his election as MP for Woodstock.

However it was only in 1640 that he was appointed Speaker of what would become known as the 'Long Parliament', the role that would define him.

At this time the rift between King Charles and his Parliament was widening rapidly. Late in 1641 Charles accused five MPs of treason, and on 3 January 1642 sent a messenger to the Commons demanding that the men be rendered for trial. The House refused to comply, and the following day Charles went to the Commons to arrest them in person. Not seeing them there, he asked Lenthall where they were; Lenthall replied that 'I have neither eyes to see nor tongue to speak in this place but as this House is pleased to direct me whose servant I am here.' This was unprecedented: the first time a Speaker had pledged his service to the Parliament, rather than the monarch. The King left the Commons without the MPs, and left London a week later. By the end of the year, the country was immersed in civil war. Lenthall did not make a habit of such courageous gestures – although he opposed Charles's execution – which may help explain why he remained Speaker until 1660, throughout all three bouts of civil war and most of the Interregnum, successfully navigating all political storms, his position renewed on four occasions.

From the late 1640s the 'New Model' Army (created by Parliament in 1645) had become increasingly enmeshed with politics; Lenthall cooperated with it to a point, but after the death of 'Lord Protector' Cromwell in 1658, and the inability of his son Richard to fill his boots, political relations between Parliament and Army deteriorated, and Lenthall eventually abandoned the republican cause and fell into cooperation with agents working to restore the monarchy. His support in aligning Parliament with their aims directly helped bring about the Restoration, but this did not save him politically: he was barred from public office for life, died in 1662 and was buried at Burford. Allegedly he requested that his only epitaph should be Vermis sum: Latin for 'I am a worm'. ●

Serena Jones



TOP: William Lenthall, 18th-century engraving by an unknown artist.

ABOVE RIGHT: Charles I demanding the arrest of the five members of Parliament. Speaker Lenthall kneeling. (Charles W. Jefferys, 1921)

"BECAUSE IT'S FLAT"?

An item in the previous edition promised you clarification



This Myth Buster combines "Child Murder" with some thoughts which could improve and beautify our own village.



50 years of evidence shows that villages like ours can easily be enhanced to benefit all. The experience of others can help us learn how.

Cryptic history = Possible lesson? = Improved village?

1950s A nearby country, post war: *Mass production = Economic boom = Increased affluence = Cars for all.*

1960s Car is King. Towns torn apart and pavements narrowed to build wider roads. Town squares wrecked to become car parks: *Improved transport = Progress = Happy people(?)*

But Open air meeting places disappeared = *Less attractive for socialising and shopping. Cycling became dangerous.*

1970s One really serious **SNAG** shook people up: They took action – *Protests = Politicians responded.*

1980s The solutions began to show: Towns became more pleasant; Villages regained their charm. Local businesses thrived (despite prophecies). Lifestyle and Health improved.

What was the **SNAG**? They called it "**Kindermoord**" (Child Murder). Road deaths had climbed from around 1000 in 1950 to over 3,000 (including over 400 children) in 1970.

The changes were so effective that by 2014 road deaths were below 600.

The massive "Kindermoord Protests" had motivated Government to listen. Council voted 38 against 7 for a plan which radically altered traffic movement and revolutionised road safety. The savings offset the cost of implementing the changes.

The magic bullet? The solution? Redesigned infrastructure.

Just LOOK at what Kindermoord generated, SEE how it was done, COPY

the best, ADAPT it for our village, ENJOY the benefits.

There's a cheap example on our doorstep. Call it "Cones at Co-op Corner". This simply shows what a little tweaking can achieve: *Slightly re-located parking = improved visibility = increased safety and easier bus access.*



Some attractive street furniture (rather than cones) would be more pleasing and more effective, there and in other parts of the village.

Re-shaping the geometry of roads,

pavements and junctions can: reduce danger; enhance town and village life; improve air quality; reduce noise; improve access to shops and grant greater use of street space for socialising. *Villagers spend more time in the centre = Spend more in shops = Businesses thrive.*

What might be perceived as expensive infrastructure can actually turn out to significantly boost local economy, and save costs in healthcare, road maintenance and personal transport.

The Dutch have proved it and turned The Netherlands into a nation of cyclists. There ARE now more bikes than people in The Netherlands, but not simply "**Because Holland is Flat**".

The Netherlands is more than just "Holland".



"Holland" is Noord-Holland (North) and Zuid-Holland (South). They are only two of the 12 Dutch provinces.

Holland is less flat than you might think



It rises from 7 metres below sea level (oohh-err!) to 54 metres on the sandy slopes of Klimduin (Climb Dune). Still fairly low, but not flat, and it is only a couple of miles from the sea!

Klimduin (Wikimedia Copyright free) (Map substantially redrawn by PW)

Is that as hilly as it gets?

In Gelderland you hit 110 metres, 18 metres higher than Sonning Common's 92 metres.

Still not impressed? I admit much of the Netherlands is relatively flat, but here are some surprises.



The highest point in Netherlands surpasses Sonning Common on two counts:-

i) At 321 metres (over 1,000ft), Vaalserberg (near Maastricht) is **more than three times higher than Sonning Common!**

ii) Nearby is "The Keutenberg", the steepest hill in Netherlands, famous for being part of the route of the Amstel Gold Race (an annual cycling event). It climbs 66 metres in a distance of just 700 metres; average gradient 9.9%; maximum 22%.

The steepest hill in our parish - Beech Rise is perhaps a paltry 12%. The rise to Peppard Common, and Devil's Hill on the lane from Harpsden are similar.

If you ever thought "**Bikes are popular in Holland because it's flat**", it's just not true. The "Kindermoord" (Child

Murder) Protests forced political change which turned Netherlands into one of the safest countries in the world for pedestrians and cyclists.

They say; "*Invent a better mousetrap and the world will beat a path to your door*".

Get the infrastructure right and the people will use it.

Who designed the cycleway on Peppard road? Were they cyclists? It is a death trap waiting for victims. Exactly the sort of thing the Dutch would put right.

To be explained next time?

To discuss anything here please contact the author through the magazine.



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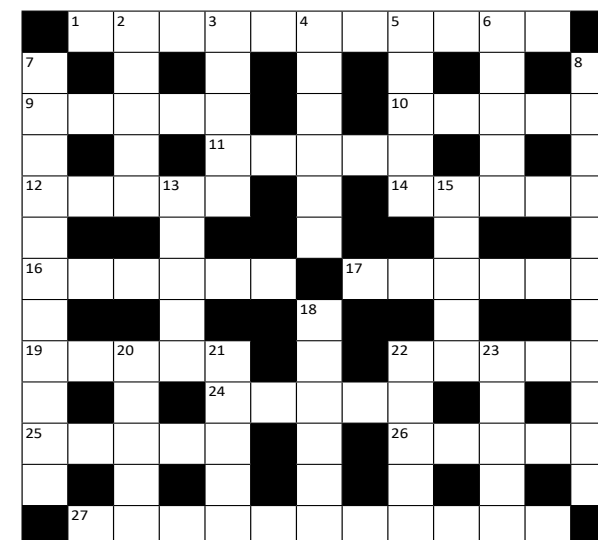
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PUZZLE PAGE

By **DAVID DUNSTAN**

CRYPTIC CROSSWORD



ACROSS

- 1 and 16 across. Hazel, perhaps, between scaffold and ordinary village near here (11,6)
9. Alphabetical list in mind experiment (5)
10. see 4 down
11. Login is disrupted by language (5)
12. Spain seen with thin dark wood (5)
14. Slow leak engulfs hard animal (5)
16. See 1 across
17. Concerning confused dear found in the library (6)
19. American in short boat has Japanese food (5)
22. Step to sitar composition (5)
24. First appearance of French, however (5)
25. Boredom in French place of study (5)
26. Greeting from Dougal O'Hara (5)
17. Crazy weirdo eats male by water where ducks are found (7,4)

DOWN

2. Sound of Douai resort (5)
3. Song about T-shirt size — in a careless way (5)
- 4 and 10 across. Nut and coleslaw mixed up in road in the village (6,5)
5. Mexican food from the coast, possibly (5)
6. Run away together in hotel operation (5)
7. We hear a warning signal with a strange secret in Cotswold town (11)
8. Para dropped awkwardly on main thoroughfare in village (7,4)
13. Spirit of nature found in north with unknown speed (5)
15. Nerve centre (5)
18. Science room belonging to us is hard work (6)
20. It's wrong — very good mountain in Middle East (5)
21. Form of expression I had on the island (5)
22. A good person, a politician, and a piece of paper (5)
23. A cereal crop from a tree? (5)

SUDOKU

Grading: medium to hard

2					7		5		
	9		5	4	3	2			
	3			6					
5	6	7		2			1		
	2			8		4	6	7	
				9			7		
		4	6	5	2		3		
	5		3					2	

Cryptogram

The following quotation has been encoded using a simple letter substitution. What does it say?

CRAX, CRAX, SLAY XEMSIT XEMF,

SLAY OTS MAS PA YMGEMF

OP NOM'P EMKTOSESYFI

— XERREON PLOGIPDIOTI

What's missing?

1. Baby, Ginger, Posh, Scary, _____
2. Genesis, Exodus, Leviticus, Numbers, _____
3. Harpo, Groucho, Gummo, Zeppo, _____
4. Erie, Huron, Michigan, Ontario, _____
5. Cross-country running, show jumping, fencing, shooting, _____
6. Grumpy, Sleepy, Sneezzy, Doc, Bashful, Dopey, _____
7. Violin, viola, cello, _____
8. Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, _____
9. Gryffindor, Hufflepuff, Ravenclaw, _____
10. Physics, Chemistry, Physiology or Medicine, Literature, Economic Sciences, _____

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See answers on page 21

BOOKREVIEW

EARTHFALL

by Mark Walden

Synopsis: Earthfall is about an alien invasion, where the population of the world is controlled by alien mind-control – except for Sam and a group of teenagers. They have lots of adventures, going on missions and fighting against killer drones – trying to save the world and stay alive!

Review by Tommy

Handley: I really enjoyed reading this book because it was always full of action and there were lots of surprises. The thing I liked most about the story is Sam's character – he is exactly who I would like to be because he is brave and has wise ideas. This book made me excited, and also made me hungry to read more! (It is the first of a trilogy)



mysterious map and suddenly everyone is after them – gangsters, police and Mariner pirates

Review by Joshua

Hatt: I rate the story 8/10 because I thought it was really entertaining, especially when everyone was trying to steal the map. It made me feel as if I wanted a part in the book.



Ebony: I liked this story because it has a lot going on and lots of different events. The story made me feel excited because there was a build up of suspense

Evie: I really liked it because it was really mysterious – it made me feel nervous and excited at different moments

THE FIRE WITHIN

by Chris d'Lacey

Synopsis: David moves into the Pennykettles' house as a lodger. It's full of pottery dragons which seem strangely alive, made by Mrs Pennykettle. David wants to find out why these dragons are so special.

Review by Henry

Taphouse: I didn't think I would like the story as I thought it would be a bit too much about dragons – but I really enjoyed it. It was nice to read about Lucy and Conker, and the way David wrote them into a story



THE RISE OF WOLVES

by Kerr Thomson

Synopsis: A boy named Innis Munro lives on the island of Nin. He hears wolves on the island, but doesn't see them. He finds details of an ancient event called the 'Bonnie Laddie's Leap' and attempts it himself..... but does he make it?

Review by Ebony

Mogbo and Evie Booth:

FLOOD WORLD

by Tom Huddleston

Synopsis: Kara and Joe spend their lives exploring a sunken city. They find a

LIBRARY NEWS

Meanwhile, this year's Summer Reading Challenge, 'Silly Squad', has begun online, so sign up to the challenge at www.sillysquad.org.uk

On the website, children can set their own personal reading challenge for the summer and keep track of the books they have read. They can read books from home or eBooks/eAudio borrowed from the Oxfordshire

Libraries e-lending platforms. As they read, they will collect virtual rewards. The challenge will continue until the end of September so

hopefully the participants will be able to collect some real rewards too as Oxfordshire Libraries gradually reopen



SUMMER HOLIDAYS OR STAYCATIONS UK



Even if you are staying in the UK this summer, the sun is strong and can burn, so it is still important to take care of your skin – whether young or old.

The sun gives us Vitamin D, which is positive and we do need it. Getting enough can be between 10 – 30 minutes per day, depending on time of day, how much skin is exposed or if sun protection is on the body.

But sunburn is not positive. It is an inflammatory reaction to ultraviolet (UV) radiation and can damage the skin's outermost layer, increasing your risk of skin cancer. **And remember it doesn't just happen on holiday!** Sunburn can go beyond any short-term pain, redness and discomfort, because lasting damage remains. It accelerates skin aging and is a leading cause in the majority of cases of basal cell carcinoma, squamous cell carcinoma and melanoma, the deadliest form of skin cancer.

But - the good news is that sunburn is totally preventable.

Sun safety tips

Always use a sunscreen, with a sun

protection factor (SPF) of at least 30 to protect against UVB (ultraviolet B rays), at least 4-star UVA (ultraviolet A rays) and make sure it is not past its expiry date.

But don't rely on sunscreen alone to protect yourself. Wear suitable clothing and spend time in the shade when the sun's at its hottest. Take extra care with children, and babies should never be exposed to the sun.

Wear sunglasses even if it is cloudy. The sun can increase the possibility of cataracts, macular degeneration and other eye conditions.

Most people do not apply enough sunscreen. If sunscreen is applied too thinly, the amount of protection it gives is reduced. Sunscreen should be applied to all exposed skin, and wearing a wide-brimmed hat is beneficial.

Sunscreen should be reapplied straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

For more information visit cancerresearchuk.org/

UPDATE FOR 50TH ANNIVERSARY CELEBRATION AT SONNING COMMON HEALTH CENTRE

This special event will be further postponed - this won't come as a surprise to you – we now intend to hold the event on **Sunday 27 June 2021**. Please put that in your diaries. It will be a celebration not only of the 50th Anniversary – just but also the return to a new normal post Covid -19.

It will be open house with catering and activities for the young and not so young; a display of the history and successes over the years; stalls displaying healthy activity groups such as Green Gym, Health Walks, Health Cycling, Functional Physio/Pilates and Active Leaders.

Kind regards, stay safe.

Kim, Ralph and Nick
GP Partners

If you would like to reply by email so that we can use this for future communications, you can either send to Sue Abbott sue.abbott6@nhs.net or Sue Litchfield sue.HAT1999@gmail.com

Flu clinics will run at the health centre this autumn. Plans are being developed as it is more complex this year due to Covid. Further information will be provided in mid to late August/early September.

RIKA HAS BEEN BUSY MAKING MASKS FOR THE COMMUNITY

Rika Adams a retired nurse from Sonning Common Health Centre has been very busy making face masks and has been given about £400 in donations.

She started sewing as she thought it would be a good idea to wear a face mask when going into an environment where there is potential risk of infection, this is now official policy when going on public transport, shopping, or to hospital. It is recommended for GP surgeries and Sonning Common asks that patients put on a mask before entering the building. Rika's masks may still be available at the Health Centre or other fabric face masks are available to buy online and in some stores locally.

Up to now she has given away 270 together with an information sheet, to mainly local people.

Sonning Common theatre club had 50 to start the demand, another 50 for the SoCo Coronavirus group and 20 for FISH. More recently she has supplied to the dentistry and Health Centre. Donations have been sent to

£200 Sue Ryder
£100 Samaritans
£50 RHND (Royal Hospital for Neuro-disability)
£25 RNIB (Royal National Institute of Blind People)

Well done Rika



RECYCLING IS IMPORTANT

Thousands of residents in southern Oxfordshire have found their recycling bins unemptied each week because they have put the wrong things in them. This includes:

- Using black or coloured bags instead of clear
- Food found in green bins and textiles (should be in a tied carrier bag beside the bin)
- Other non-recyclable items in recycling bins like polystyrene, plastic toys, garden waste, electrical items, wood and nappies.

Putting non-recyclable items in recycling can contaminate a whole truckload, which is then rejected at the recycling facility.

This turns neighbours' recycling into rubbish and ultimately wastes energy and raw materials by removing these items from the recycling process.

Bin crews in South Oxfordshire and Vale of White Horse districts have stepped up monitoring of recycling bins in recent months as the lockdown has meant an



increase in household waste, which has meant an increased risk of people putting the wrong items in recycling bins.

To remind residents about what can (and can't) be recycled, South Oxfordshire and Vale of White Horse district councils have devised a new recycling quiz available on South and Vale website – <https://survey.southandvale.gov.uk/s/TheGreenRecyclingBinQuiz/>

During one week of recycling collections

in the past month there were 3,801 reports of wrong items found in recycling bins in South Oxfordshire. So please ensure recycling is in the green bin loose or in clear bags so the crews can easily identify that the contents are recyclable. If they see non-recyclables, crews will leave the bins unemptied, record the reasons and leave a tag on the bin explaining to residents. Lots of additional information is available on South Oxfordshire website southoxon.gov.uk ●

ANTI-SOCIAL FLY TIPPING

Fly-tipping is particularly relevant at present unfortunately, we have seen a 300% increase in the UK under lock down.

Hopefully your area hasn't been this badly affected by it but there's a huge cost to dealing with this sort of crime and as huge advocates of ethical waste disposal we produced the following guide to combating and reporting Fly tipping.

<https://skipsearch.co.uk/fly-tipping/>

BLOCKED DRAINS

Prevention is the way forward

"TOP TIPS TO KEEP YOUR DRAINS FLOWING

- *Remember the three P's: pee, poo and (toilet) paper, nothing else should be flushed.
- *Wrap sanitary items, nappies, wipes and condoms in toilet paper and put them in the bin.
- *Leave left over cooking oil, fat and food to cool and put it in the bin.
- *Take chemicals, solvents, engine oil and paint to your local refuse or recycling site.
- *Medicines, tablets, syringes and needles should be taken to your pharmacist, hospital or health authority for safe disposal.

Thames Water did remedy a recent problem and the blockage was caused by coagulated cooking fats and wipes in Birch Close.

Let's all be good neighbours and stop this happening again. This is a whole village reminder. Top Tips for us all. ●



CITIZENS ADVICE NEWS

Financial difficulties

If you are facing financial problems in the wake of the coronavirus pandemic, Citizens Advice can help find a way forward.

Citizens Advice research has revealed that over 13 million people are unable to pay, or expect to be unable to pay, at least one of their household bills. These bills are higher than usual in any case because the population is spending more time at home during the lockdown. For 11 million of these people, a missed bill could have drastic consequences: eviction, the bailiffs, or disconnection.

It is vital that you do not give way to despair, feel isolated with your problems and consider that you have to solve them all by yourself. For instance, Citizens Advice can help maximise your income with a benefit check if your working hours have dropped or if you are made redundant, and help you decide on the best way to manage your debts in your individual situation. Get in touch with us by telephone on Adviceline (0300 330 9042). There is also a lot



of useful information on our website citizensadvice.org.uk where you can also chat online.

Would you like to join our Trustees?

Trustees Citizens Advice are also looking for two new Trustees to join our Board and oversee data protection and GDPR, IT strategy and fund raising. These Trustees are asked to attend six Board meetings a year, held in the evening at various locations (currently remotely). Each

Trustee oversees a particular aspect of the charity's work.

If you would like to discuss this opportunity, please contact Jon Bright, the Director, via jon.bright@osavcab.org.uk

Please apply via www.citizensadvice.org.uk/oxfordshire-south-vale ●

**citizens
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CORONAVIRUS CRISIS

UPDATE FROM AGE UK OXFORDSHIRE

Telephone support service

From March, Age UK has been doing some things differently. The support they provide to older people and carers will be by telephone and limiting home visits to essential visits only. They have paused events, activities and groups for the time being as a precautionary measure.

They are pleased to be offering a **free, telephone support service**. This will include a **friendly, regular weekly call** to see how people are, to chat and

also problem-solve if people are facing practical problems.

If you think you would benefit from this service, please phone **01865 411 288** which will connect straight to an answerphone where you can leave your name and contact number. A member of their team will then ring you back as soon as they are able during normal working hours. Please note this is not an emergency service - please ring 111 for medical advice or 999 in

a medical emergency.

There are simple, effective things we can all do to reduce our risk of catching coronavirus or transmitting the virus to other people. Please visit the Age UK website for more information. ●



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Church news



RON AND BETTY'S BENCH

A new bench has been placed in the churchyard at Saint John the Baptist church in Kidmore End in memory of Ron and Betty Brindley who between them devoted nearly 100 years of service to the church. Ron was Churchwarden for 26 years, then Churchwarden Emeritus until his death in 2018 at the age of 95. Betty was Sacristan and between them they looked after the church and faithfully served the clergy and people in the parish.

The bench was installed by Dave and Terry who are pictured trying the bench for size! The Churchwarden has promised them a pint of Brakspears' each when the New Inn reopens! ●

Robert Lynch
Churchwarden

SPRINGWATER NEWS

Lockdown has been a busy time for us. The food bank (which is featured at the beginning of this magazine) has proved a much needed facility.

We have a service every Sunday which is available via our website and on YouTube. Two prayer gatherings are held each week which people can dip into. One on Zoom on Wednesday evenings and the other at midday on Mondays in the garden at Springwater. The women's group Aspire, has been meeting digitally and the Steering Wheel Fellowship had fun taking part in a quiz also held on Zoom.

Many people, during this difficult time, have benefited from a chat and fellowship, either by phone or in the beautiful garden (with distancing rules of course!). Compassionate Loaf members have been baking bread for the food bank and care homes.

A big thank you to Linsey and Kevin and all the volunteers! We are now opening the church from 3.00pm to 5.00pm Monday to Saturday for people to use for quiet prayer and reflection. By the time you read this we should be back to some form of Sunday service in the church. Please do have a look at our website for details springwaterchurch.org.uk or 972 4519 ●

Chris Girdler

ST JOHN THE BAPTIST AND CHRIST THE KING

Good news, then, that now we can begin to 'open up': albeit for what will inevitably be very pared-down versions of the services we have been used to. At the time of writing, we will not be able to offer singing or coffee: but it will still be good to be worshipping together and thinking creatively how we can best move forward.

Services are likely to be at our normal times,

9.30am at Christ the King and 11am at St John's

www.achurchnearyou.com) for all times and details, as these may well change as government advice moves on.

James Stickings 972 1459 and Sheila Walker 972 4861 ●

ST MICHAEL'S CATHOLIC CHURCH

At the time of writing we had just heard the news that places of worship are able to open for public services. Since the lockdown we have adapted like so many other families and community groups.

A prime concern has been to keep in contact with parishioners without the internet and who have had to shield. We did this by conducting short services over the phone on a regular basis so that they were able to maintain their link with parish life. In addition, these people were helped with shopping and other needs.

We were sad to hear of the death of Rev Graham Foulis-Brown as he was a good friend to St Michael's during his time as minister at St John's and the other local Anglican churches. ●

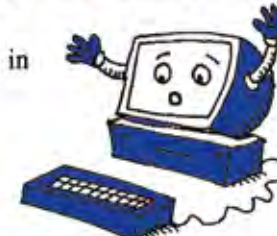
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